

Metropolitan Baking Co.



3140 - 10" Sub Rolls

Nutrition Facts	
6 servings per container	
Serving size	1 Roll 4.6oz (130g)
Amount per serving	
Calories	300
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 520mg	23%
Total Carbohydrate 54g	20%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 93mg	8%
Iron 4mg	20%
Potassium 116mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Wheat Flour Enriched (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour, Water, Yeast Crumbled, Soybean Oil, White Distilled Vinegar, Calcium Propionate, Ethoxylated Mono and Diglycerides and 2% or less of each of the following: Antioxydants (Tocopherols, Citric Acid), Yellow Corn Flour, Spices (Turmeric and Paprika), Natural Flavors, Preservatives (Propionic Acid, Phosphoric Acid), Sodium Stearoyl Lactylate, Microcrystalline Cellulose, Enzymes (Wheat Flour), Corn Starch, Dicalcium Phosphate, Sodium Bicarbonate, Polyethylene Glycol, Sodium Acid Pyrophosphate.

Contains: WHEAT and SOY

May contains: Sesame Seeds, Poppy Seeds, Cornmeal, Onions.